

# South Phoenix Healthy Kids Resource Directory



July 2006

South Phoenix  
Healthy Kids Partnership

## **INTRODUCTION**

### **Background**

In March 2005, a group of agencies and individuals began a planning process to address one of the largest threats to the health of South Phoenix children – childhood obesity. This group, now known as the South Phoenix Healthy Kids Partnership, is a multi-disciplinary coalition with the following mission: “To promote healthy weight and optimal physical activity among children and adolescents in South Phoenix through health promotion and education, advocacy and partnership development.”

The problem faced by South Phoenix children is daunting. Current statistics indicate that 25% of South Phoenix children, 6 - 18 years old, are overweight. This compares to the national average of 16%. Compared with normal weight children, overweight children and adolescents suffer disproportionately from diabetes, asthma, high blood pressure, high cholesterol and sleep apnea. Furthermore, overweight adolescents have a 70 – 80% chance of becoming overweight as adults. Obesity during adulthood raises the risk for various diseases: hypertension, type 2 diabetes, coronary heart disease, osteoarthritis, gallbladder disease, and cancers of the breast, prostate and colon. Consequently, obesity during childhood is a strong predictor of chronic disease during adulthood.

Many factors contribute to the disproportionate percentage of overweight children in South Phoenix: excessive screen time (TV watching, computer time and video games), the abundant availability of high calorie fast food, and decreased opportunities for physical education in the schools. This resource directory was developed by the Healthy Kids Partnership to provide some healthy lifestyle resources for children, parents, teachers, medical providers and others with an interest in healthy future generations of children in South Phoenix.

### **Using this Directory**

Organizations providing health-related services to children and adolescents are listed within the following categories: Health Services, Child/Family Development and Support, Food and Nutrition, Sports and Recreation, Clubs and Organizations, and Parks. Several agencies are listed multiple times because they provide services in several of these categories. When available, websites are listed to simplify information acquisition. Every attempt has been made to ensure up-to-date information; however, directory users must realize that contact people and programs are subject to frequent change.

### **Our Appreciation**

Special thanks in developing this resource directory goes to Ms. Lindsay Anderson, a student intern with Northern Arizona University, and Mr. Nicholas Meza, a student intern with the University of Arizona. Both spent long hours in developing this guide. Similarly, the many community agencies that have participated in the South Phoenix Healthy Kids Partnership deserve credit for their work in developing this guide.

## **Resource Updates**

To the extent resources will allow, the Healthy Kids Partnership will attempt to update this resource directory every six months. However, updated or new resource information can be submitted at any time to Ms. Jennifer Kennedy, Health Educator, Mountain Park Health Center. Jennifer can be reached at (602) 323-3463 or by e-mail at [jkennedy@mphc-az.com](mailto:jkennedy@mphc-az.com).

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# Health Services

## **American Diabetes Association (ADA)**

8125 N. 23<sup>rd</sup> Ave. Ste 222  
Phoenix, AZ 85201-4961  
602-861-4731/ 888-DIABETES or (342-2383)  
Internet: <http://www.diabetes.org>

Director: Lori Stevens

Hours: 8:30AM-5PM Mon-Fri

Fees: \$650 summer camp, none for other services

Eligibility: No restrictions

Programs:

1. Health education and referrals. Conduct programs and events for general public and health professionals about diabetes and related subjects and increase public awareness of diabetes through education programs and distribution of literature.
2. Summer camp for children with diabetes accredited by ACA..
3. Support groups.

## **American Lung Association of Arizona**

102 W. McDowell Rd.  
Phoenix, AZ 85003-1297  
602-258-7505  
Internet: <http://www.lungaz.org>

Director: Bill Pfeifer

Hours: 8:30AM-4:30PM Mon-Fri

Fees: Sliding Scale

Eligibility: No restrictions

Programs:

1. Asthma camp (NOT-A-WHEEZ) age 7-14,
2. Open Airways age 8-11.
3. Parent asthma seminars.

## **Chicanos Por La Causa, Inc. Woman's Care Center**

1402 S. Central Ave  
Phoenix, AZ 85004  
602-271-4644

Director: Maria Haze

Hours: 8AM-5PM

Fees: Fixed

Eligibility: Undocumented women

Programs:

1. Free pregnancy tests and family planning services.
2. Pre-natal care, OB/GYN services, Family Assistance, Childbirth Education classes.
3. WIC services, Early HeadStart Program.

## **Halle Heart Center Museum**

2929 S. 48<sup>th</sup> St.  
Tempe, Arizona 85282  
602-414-2800  
[halleheartcenter@heart.org](mailto:halleheartcenter@heart.org)

Manager: Jena Long

Hours: 1:00PM-4:00PM Mon-Fri, by appointment only

Fees: Free

Eligibility: No Restrictions

Programs:

1. Cardiovascular exhibits for English and Spanish speakers. Self-tours for families.
2. Educational healthy heart tours given to groups of 10 or more. Includes risk factors of heart disease, lifestyle choices and heart function.
3. Cooking classes for groups of 10 or more. Cooking demonstrations, nutrition and cooking skills development.

## **Maricopa County Human Services Department (HSD) Education Division HeadStart/Early HeadStart**

234 N. Central Ave. Ste 3201  
Phoenix, AZ 85004-2248  
602-506-5911  
Internet: <http://www.hsd.maricopa.gov/headstart>

Director: Majorie Weiss

Hours: 8AM-5PM Mon-Fri

Fees: None

Eligibility: Low income children age 3-4; teenaged parents with children age 0-3 years.

Programs:

1. HeadStart. Comprehensive developmental preschool education program that includes medical and dental, nutrition, educational, parental involvement, social services and parent training services. Enrollment includes preschool disabled children.
2. Early HeadStart. Comprehensive education and child care services for pregnant in-school teens, homeless families, infants, and toddlers.

# Health Services (cont'd)

## Mountain Park Health Center

635 E. Baseline Rd.  
Phoenix, AZ 85042-6551  
602-243-7277  
[www.mountainparkhealthcenter.com](http://www.mountainparkhealthcenter.com)

Program Coordinator: Jennifer Kennedy  
Hours: 8AM-8:30PM Mon-Fri; 8AM-4:30PM Sat.  
Fees: Sliding scale; accepts most insurance  
Eligibility: No restrictions  
Programs:

1. Well and sick baby care.
2. Pre and postnatal care.
3. Nutritional counseling.
4. Health education classes.
5. All Kids Can Club - Obesity Prevention.
6. Immunizations.
7. Visual and hearing examinations for children and adults.
8. Dental services.
9. Behavioral health services.
10. WIC.
11. Lactation consultant.

## Phoenix (City of) Fire Department

150 S. 12<sup>th</sup> St.  
Phoenix, AZ 85034-2301  
602-534-2229  
Internet: <http://www.phoenix.gov/fire>

Hours: 8AM-5PM Mon-Fri Administration  
Fees: None  
Eligibility: Children 6 weeks to 18 years  
Programs:

1. Baby Shots. Free Childhood immunizations

## Phoenix (City of) Human Services Department (HSD) Head Start

200 W. Washington  
Phoenix, AZ 85003-1611  
602-262-4040  
Internet:  
<http://www.phoenix.gov/HUMANSERVICES/hsded.html>

Director: Gina Ramos Montes  
Hours: 8AM-5PM Mon-Fri administration  
Fees: None  
Eligibility: Low income children age 3-5  
Programs:

1. Comprehensive developmental preschool program. Services include education, health/nutrition, mental health services, social services, parent involvement and special needs services.

## Phoenix Children's Hospital

1919 E Thomas Rd.  
Phoenix, AZ 85016-7710  
602-546-1000/602-512-8707  
Internet: <http://www.phoenixchildrenshospital.com>

Director: Kimberly Ovitt  
Hours: 24-hours  
Fees: Fixed; accept insurance, AHCCCS  
Eligibility: Pediatric Patient  
Programs:

1. Pediatric inpatient, outpatient and emergency medical and surgical care. Pre-admission tours available.
2. Child behavior and development.
3. Children's Cancer Center. Provide Camp Rainbow, a week long summer camp for age 7-18 who have or had cancer. No Fees. School re-entry program  
602-546-0925 Director: Renee Hunte.
4. Pediatric gastroenterology and nutrition 602-546-0940.
5. Pediatric HIV/AIDS and Infectious Disease Clinic 602-546-0955.
6. Children's HomeCare 602-604-0548.

## Phoenix Memorial Hospital

1201 S. 7<sup>th</sup> Ave.  
Phoenix, AZ 85007-3955  
602-258-5111  
Internet: <http://www.phxmemorialhospital.com>

Hours: 24-hours  
Fees: Fixed  
Eligibility: No restrictions  
Programs:

1. Inpatient, outpatient, and emergency medical and surgical care.
2. Teen pregnancy program 602-824-3175.
3. Emergency room. Full services for emergency medical care.



## Health Services (cont'd)

### **Saint Joseph's Hospital and Medical Center**

350 W. Thomas Rd.  
Phoenix, AZ 85013-4496  
602-406-3000  
Internet: <http://www.ichosestjoes.com>

Hours: 24-hours

Fees: Vary

Eligibility: See individual programs

Programs:

1. Inpatient, outpatient and emergency/trauma medical and surgical care.
2. Non-emergency dental clinic
3. Family Practice Clinic. Routine illnesses and injuries. Particularly for patients who have no private physician. Reduced cost.
4. Children's Health Center.
5. Helmet Your Head; safety program for children to promote helmet use for recreational activities.
6. Staying Alive: classroom-based alcohol prevention and education grade 6-8.
7. Oliver Otter; You Otter Be Water Wise; water safety program for children and adults.
8. Pediatric Ambulatory Care Center (PACC) outpatient clinic. Eligibility determined by Mercy Care office.
9. Mercy Health Care Center. Clinics for services are adult, dental, pediatric, and OB/GYN.
10. Attention Deficit Disorder (ADHD). Provide medical psychological evaluation and management of children age 5-18 with hyperactivity disorders.
11. Audiology Center. Provide audiologic diagnostic assessment, high-risk neonatal screening, hearing aid evaluation and fittings, auditory brainstem response evaluation, rehabilitative counseling.
12. Diabetes Education. Teach patients with diabetes how to manage their disease. Include education, outpatient classes and case management. Spanish classes available.

### **South Phoenix Healthy Start**

303 E. Baseline Rd.  
Suite 104  
Phoenix AZ 85042  
Phone: 602-304-1166  
Fax: 602-276-3209  
Internet: [www.healthystartaz.org](http://www.healthystartaz.org)  
[sphealthystart@mail.maricopa.gov](mailto:sphealthystart@mail.maricopa.gov)

Program Director: Lisa Derrick

Case Manager Supervisor: Estee Hogan

Hours: 8:30AM-4:00PM Mon-Fri; or by appointment

Fees: Free

Eligibility: Pregnant women, infants under the age of 2, and women interested in well woman education

Programs:

1. Case management.
2. Health education and information.
3. Depression screenings.
4. Group education classes and other group activities.
5. Community resources and referrals.
6. Participant advocacy.
7. Access to health care.

# Child/Family Development and Support

## **Arizona Association of Family Day Care Providers**

1631 E. Guadalupe Rd. Ste 201  
Tempe, AZ 85283-3954  
480-345-9388/ 480-730-5272 Spanish

Director: Cathy Reagan  
Hours 9AM-4PM Mon-Fri  
Fees: None  
Eligibility: No restrictions  
Programs:

1. USDA Child Care Food Program. Sponsor children's nutritional program.
2. Training programs for home based child care providers.
3. Low income, minority outreach.

## **Big Brothers Big Sisters of Central Arizona**

1010 E. McDowell Rd. Ste 400  
Phoenix, AZ 85006-2610  
602-264-9254  
Internet: <http://www.bbbsaz.org>

Director: Brian Hassett  
Hours: 8AM-6PM Mon-Thurs, 8AM-4PM Fri  
Fees: None  
Eligibility: Children age 6-15 in need of a special adult friendship  
Programs:

1. Sports Buddy. Sports minded adult role model matched to sports minded youth.
2. Community Based Program - Matches (a volunteer and child) meet 2 to 4 times a month a few hours at a time in the community. They play sports, go to movies, the park and just hang out.
3. School Based Program at Cesar Chavez Community School (7 St & Broadway) - Matches (a volunteer and a child) meet during the child's lunch hour at the school and play games, work on homework and have fun together.

## **Black Family and Child Services**

1522 E. Southern Ave. #1522  
Phoenix, AZ 85040  
602-243-1773

Director: Mary Black  
Hours: 8AM-5PM Mon-Fri  
Fees: Sliding Scale  
Eligibility: Vary  
Programs:

1. Child welfare services.
2. Child and family counseling.
3. Family support and preservation.

## **Boy Scouts of America-Grand Canyon Council**

2969 N. Greenfield Rd.  
Phoenix, AZ 85016-7715  
602-955-7747  
Internet: <http://www.grandcanyonbsa.org>

Director: Larry C. Abbott  
Hours: 9AM-5PM Mon-Fri  
Fees: \$10/year national membership; \$1.20 insurance  
Eligibility: Boys age 6-17; men/women age 14-20  
Programs:

1. Socialization groups, character development, citizenship training, physical and mental fitness, outdoor camping. Provide vocational experience services including training, guidance of volunteer leaders.
2. Learning for Life/Exploring. Groups for young men and women age 14-20.

## **Boys & Girls Clubs, Kieckhefer Branch**

548 W. Southern Ave.  
Phoenix, AZ 85041  
602-268-3486  
Internet: <http://www.bgcamp.org>

Director: Maribel Grayson  
Hours: 2:30 PM-8PM Mon-Fri during school, 8AM-6PM Mon-Fri during school breaks.  
Fees: \$30/year or less, dependent upon ability to pay; additional fees for summer day camp  
Eligibility: Boys and girls grade K-12  
Programs:

1. Character and leadership development. Empower youth to support and influence their club and community, sustain meaningful relationships, develop a positive self-image, participate in the democratic process, and respect cultural identities. Programs include Kids at Hope, leadership training, community service projects, Keystone Club, and Youth of the Year.
2. Education and career development. Enable youth to become proficient in basic educational disciplines, apply learning to everyday situations, and use technology effectively to optimize employability. Programs include Junior Achievement, computer labs, homework assistance, educational games, internet exploration, and club newsletters.
3. Health and life skills. Develop capacity to engage in positive behaviors, set personal goals, and acquire skills to live successfully as self-sufficient adults. Provide preventive and restorative dental services to children grade K-12 who are uninsured or underinsured. Programs include health and prevention programs, health education/risk reduction workshops, Talking with TJ, and conflict resolution.

# Child/Family Development and Support (cont'd)

## **Camp Fire USA, Greater Arizona**

5110 N. 40<sup>th</sup> St. Ste 107  
Phoenix, AZ 85018-2143  
602-954-7544  
Internet: <http://www.campfireaz.org>

Director: Amy Frank

Hours: 8AM-5PM Mon-Fri

Fees: Vary; program fee charged to offset direct cost of each program as needed.

Eligibility: No restrictions

Programs:

1. Club. Co-ed program for small group mentoring relationships grade K-12.
2. Family Club. Provide opportunities for families to develop planning and decision making skills.
3. Self-Reliance. Prevention and education programs addressing drug abuse, safety/social education, tolerance, service learning, negative peer pressure, and resistance skills grade K-6.
4. Teens-in-Action. Service learning, leadership development, career and job training, mentoring. Address violence reduction, tobacco prevention, community service grade 6-college sophomore.
5. Outdoor Skills. Day and weekend retreats.
6. Kids camp. Summer day camp grade K-8 7AM-6PM  
After school tutoring.

## **Cesar Chavez High School**

3921 W. Baseline Road  
Laveen, AZ 85339  
602-764-4080

Recreation Coordinator Manny Padia

Hours: 11:30AM-12:30PM, 2:30PM-8:30PM Mon-Fri

Fees: Free-Nominal

Eligibility: No restrictions

Programs:

1. The recreation center is located on the campus of Cesar Chavez High School and provides a number of activities in conjunction with the school.
2. Teen Council program develops leadership skills in teens. The group participates in recreation, fund raising and community service activities.

## **Ebony House Inc., Strengthening Families Program**

6222 S. 13th St  
Phoenix, AZ 85042  
602-796-5801

Director: Dorothy Wellington

Hours: See individual programs

Fees: Free to parents and children

Eligibility: Open to the public

Programs:

1. Parenting Classes and Youth Life Skills at Mountain Park Health Center. Tuesdays 6:00PM-8:00PM (English), Thursday 6:30PM-8:30PM (Spanish).
2. Make Kingship Outreach at KEYS Community Center (Teen Boys 12-17). Thursday 5:00PM-7:00PM.

Locations:

1. Mountain Park Health Center  
635 E. Baseline Rd.  
Phoenix AZ, 85042
2. Keys Community Center  
2454 E Broadway Rd  
Phoenix, AZ 85040 – 2622

## **Friendly House, Inc.**

802 S. 1<sup>st</sup> Ave  
Phoenix, AZ 85003-2504  
Mailing: PO Box 3695  
Phoenix, AZ 85030-3695  
602-257-1870  
Internet: [www.friendlyhouse.org](http://www.friendlyhouse.org)

Director: Teresa Pena

Hours: 8AM-5PM Mon-Fri

Fees: Sliding scale for immigration services; fixed fee for homemaker and personal care services; no charge educational or social events

Eligibility: See individual programs

Programs:

1. Youth program grades K-12. Social development for youth, Ballet Folklorico, Boy Scouts, Girl Scouts, baseball, summer programs, drop out prevention. Gang and drug abuse prevention.

# Child/Family Development and Support (cont'd)

## **Foothills Village Recreation Center**

930 E. Alta Vista  
Phoenix, AZ 85041  
602-495-3755

Recreation Coordinator Emily Berumen

Hours: 4PM -8PM Mon-Fri

Fees: Free-Nominal

Eligibility: No restrictions

Programs:

1. Provide diverse recreation programs for youth, teens and families.
2. Teen Council program develops leadership skills in teens. The group participates in recreation, fund raising and community service activities.

## **Girl Scouts-Arizona Cactus Pine Council, Inc.**

119 E. Coronado Rd.  
Phoenix, AZ 85004-1512  
Mailing: PO Box 21776  
Phoenix, AZ 85036-1776  
602-253-6359  
Internet: <http://www.girlsscoutsaz.org>

Director: Tamara J. Woodbury

Hours: 8Am-5PM Mon-Fri

Fees: \$10/year national dues

Eligibility: Girls age 5-17

Programs:

1. Troops, interest groups, interagency program collaboration, outreach to underserved populations, resident and day camping. Provide opportunities for girls to develop skills, gain self-confidence, have fun, make new friends, and prepare for their future.
2. Camp CEO. One-week residential camp for girls grade 9-12. Women business owners and leaders share their business knowledge and experiences.

## **Hayden Park**

420 E. Tamarisk  
Phoenix, AZ 85041  
602-256-5685

Recreation Coordinator Emily Berumen

Hours: 4PM- 9PM Mon-Fri

Fees: Free-Nominal

Eligibility: No restrictions

Programs:

1. Provide diverse recreation programs for youth, teens and families.
2. Teen Council program develops leadership skills in teens. The group participates in recreation, fund raising and community service activities.

## **Maricopa County Sheriff's Office**

102 W. Madison St.  
Phoenix, AZ 85003-2189  
602-876-1895  
Internet: <http://www.mcso.org>

Director: Leslie Modesitt

Hours: 24 hours

Fees: Vary

Eligibility: No restrictions

Programs:

1. Sheriff's Youth Assistance Foundation. Educational scholarships, sports programs.
2. S.M.A.R.T. Tents Program. Shocking Mainstream Adolescents into Resisting Temptation.

## **Maricopa County/University of Arizona (U of A) Cooperative Extension**

4341 E. Broadway Rd.  
Phoenix, AZ 85040-8807  
602-470-8086  
Internet: <http://cals.arizona.edu/maricopa/4H>

Director: Stanley D. Farlin

Hours: 8AM-5PM Mon- Fri, programs operating after school and weekends

Fees: \$10 enrollment fee/Vary

Eligibility: See individual programs

Programs:

1. 4-H Youth Development for boys and girls age 5-19. Programs focus on life skills including communication, decision making, leadership, teamwork, problem solving, and service learning citizenship.
2. Extension Food and Nutrition Education Program (EFNEP). Teach low income adults and 4-H youth to improve their food nutrition skills.

# Child/Family Development and Support (cont'd)

## **Not My Kid, Inc.**

333 W. Indian School Rd.  
Phoenix, AZ 85013-3205  
602-652-0163  
Internet: <http://notmykid.org>

Director: Pamala Wright  
Hours: 9AM-5PM Mon-Fri  
Fees: Vary  
Eligibility: No restrictions  
Programs:

1. PEAK (Parent Education & Action for Kids). Presentations for parent/teacher organizations, educators, social workers, and counselors about challenges children face including depression, substance abuse, eating disorders, suicide.
2. Clear Choices. Program for teens facilitated by teens who have survived addictions, depression, and other behavioral health issues.
3. Youth Evolution Survey (YES). Website survey to help parents understand potential challenges facing their children. Provide links to related information including articles, books, videos, and community.
4. Project 7<sup>th</sup> Grade. Drug Education for parents of middle school students. Free home drug testing kits.

## **Peer Solutions, Inc.**

PO Box 24148  
Phoenix, AZ 85074-4148  
602-225-0942  
Internet: <http://peersolutions.org>

Director: Jennifer Rauhouse  
Hours: 9AM-5PM Mon-Fri; vary Sat.  
Fees: Vary  
Eligibility: No restrictions  
Programs:

1. Community-based violence and abuse prevention programs. Areas addressed include harassment, sexual assault, domestic violence, emotional abuse, gun violence, homophobia, body image and eating disorders, depression, homelessness.
2. Peer mentoring, advocacy, education, and influence program grade K-adult.
3. Violence prevention and respect education workshops for students and staff.
4. Stand and Serve. Student club linking secondary and post secondary schools with the community.

## **Phoenix Day/Health Links**

115 E. Tonto St.  
Phoenix, AZ 85004-2741  
602-252-4911  
Internet: <http://www.phoenixday.org>

Executive Director: Angel Rosa  
Hours: 6:30AM-6:00PM Mon-Fri  
Fees: Sliding Scale, DES praise  
Eligibility: No restrictions

### Health Links Programs:

1. Preschool education age 3-5. Developmentally appropriate activities for children.
2. Toddler program age 1-2.
3. Infant care 6 weeks-1 year.
4. Food and Nutrition Program.

### Phoenix Day Programs:

1. Early Childhood Education Programs - KellyAnn Bonnel, Center Director  
Preschool education age 3-5; Toddler program age 1-2; Infant care 6 weeks-1 year--developmentally appropriate activities for children.
2. Health Links - Lillian Garcia, Health Links Director  
Health and wellness program providing application assistance for AHCCCS and KidsCare. Information and referral services for medical needs.
3. Food and Nutrition Program - CACFP funded program providing healthy, nutritious meals for children, staff and families at Phoenix Day.
4. Bilingual Case Management - Community resource and referral assistance.
5. Volunteer Program - recruitment and recognition of volunteer base to serve the needs of Phoenix Day.

## **Phoenix Revitalization Corporation**

1310 W. Hadley St Building B  
Phoenix, AZ 85007  
602-253-6895  
Internet: <http://www.phxrevitalization.org>

Director: Eva Olivas  
Hours: 9AM-4PM Mon-Fri  
Fees: None  
Eligibility: See individual program  
Programs:

1. Community Gardening. Establish and maintain community and backyard gardens in Central City South (CCS) neighborhood.
2. Leadership Academy.

# Child/Family Development and Support (cont'd)

## **Playa Margarita Park**

3615 W. Roeser  
Phoenix, AZ 85041  
602-262-6716

Recreation Coordinator Manny Padia

Hours: 5PM – 9PM Mon-Fri

Fees: Free-Nominal

Eligibility: No restrictions

Programs:

1. Provide diverse recreation programs for youth, teens and families.
2. Teen Council program develops leadership skills in teens. The group participates in recreation, fund raising and community service activities.

## **Salvation Army South Mountain Corps Community Center – South Mountain Youth and Family Center**

1351 E. Broadway Rd.  
Phoenix, AZ 85040-2305  
602-276-7396

Internet: [www.phoenixsalvationarmy.com](http://www.phoenixsalvationarmy.com)

Director: Major Guy Hawk

Hours: 2:30PM-9PM Mon-Thurs, 2:30PM-6PM Fri  
recreation center

Fees: Vary

Eligibility: See individual programs

Programs:

1. Social Development groups. Recreation activities, league sports participation and social involvement to deter crime. Tutoring available. No age or gender restrictions. Recreation programs require parental supervision for children age 6 and under.
2. Participatory recreation. Sports, crafts, day camp and social programs for all ages. Game rooms with table games, pool, table tennis, etc. available for instructed recreation.
3. Troop type groups with activities along scouting lines emphasizing Christian values. Sunbeam and Girl Guard group for girls age 6-18. Adventure Corps for boys age 6-14.

## **Southwest Behavioral Health, Community Youth Development Program**

4420 S. 32<sup>nd</sup> St.  
Phoenix, AZ 85040  
602-305-7126

Internet: <http://www.sbhservices.org>

Director: Christine Montague

Hours: 8AM-5PM Mon-Fri

Fees: Free to students attending participating schools.

Eligibility: Students in the Roosevelt, Isaac, and Laveen School Districts.

Programs:

1. Alternative activities for students. Leadership programs, sports.
2. Life skills development.
3. Summer and spring intersession. Peer leadership and substance abuse prevention.
4. Outpatient services for children, families and adults. Includes family, marital, and group counseling, as well as substance abuse counseling, mood management, psychiatric services and behavior coaching.

## **Travis L. Williams Family Services Center**

4732 S. Central Ave.

Phoenix, AZ 85040

602-534-4732

Internet: <http://www.phoenix.gov>

Director: Joe Kress

Hours: 7:30AM-5PM Mon-Fri

Fees: None

Eligibility: Low-income, varies depending on program

Programs:

1. Young Families C.A.N. Program. Long term-case management services to help pregnant and/or parent teens to attain self-sufficiency.
2. Head Start.

# Child/Family Development and Support (cont'd)

## **Unlimited Potential**

1250 S. 7<sup>th</sup> Ave  
Phoenix, AZ 85040  
Mailing: PO Box 8814  
Phoenix, AZ 85066-8814  
602-276-6373

Director: Jeanne Devine-Soll

Hours: 8AM-5PM Mon-Fri

Fees: None

Eligibility: Vary

Programs:

1. Bilingual family literacy program.
2. Early childhood programs foster language and socialization.
3. Parenting classes.
4. Family activities include educational, environmental, cultural events open to the community.

## **Vernell Coleman Youth Center**

830 W. Tonto  
Phoenix, AZ 85  
602-495-5830

Recreation Coordinator Emmett Boyd

Hours: 4-8PM Mon-Fri, 10AM-3PM Sat, 1-5PM Sun

Fees: Free

Eligibility: Youth 6-17 years of age

Programs:

1. Teen Council: Youth group where youth are given the opportunity to meet, plan and coordinate events and activities.

## **Wesley Community Center**

1300 S. 10<sup>th</sup> St.  
Phoenix, AZ 85034-4598  
602-252-5609  
Internet: <http://wesleycenterphx.org>

Director: Betty Mathis

Hours: 8AM-4PM Mon-Fri, 3PM-6PM Mon-Fri youth services/gym

Fees: Vary

Eligibility: vary

Programs:

1. Free exercise classes. 9AM-noon Mon, Tue, Thu. Call to register.
2. After-school and summer youth programs for children age 5-16.
3. Centro de Salud. Health education classes and clinics. Call for days, times, and eligibility requirements 602-252-4933.
4. Nutrition classes covering heart-healthy recipes, healthy lifestyles.
5. Community outreach.
6. Community garden.

## **Youth Entrepreneur Solutions (YES) Inc.**

4143 E. Nancy Ln  
Phoenix, AZ 85042-5146  
602-437-4339  
Internet: [www.theyesprogram.com](http://www.theyesprogram.com)

Director: John Anderson

Hours: 9AM-5PM Mon-Fri

Fees: Donations accepted

Eligibility: No restrictions

Programs:

1. Recreational programs for youth to help build self-esteem, self-awareness and interpersonal skills while providing positive life reinforcement.
2. Visit professional sporting events.

# Food and Nutrition

## **Arizona Association of Family Day Care Providers**

1631 E. Guadalupe Rd. Ste 201  
Tempe, AZ 85283-3954  
480-345-9388/ 480-730-5272 Spanish

Director: Cathy Reagan  
Hours 9AM-4PM Mon-Fri  
Fees: None

Eligibility: No restrictions

Programs:

1. USDA Child Care Food Program. Sponsor children's nutritional program.

## **Community Food Connections, Inc.**

PO Box 22216  
Phoenix, AZ 85028-2216  
602-493-5231  
Internet: [www.foodconnect.org](http://www.foodconnect.org)

Director: Cindy Gentry  
Hours: 8AM-5PM Mon-Fri  
Fees: Vary

Eligibility: No restrictions

Programs:

1. Arizona Farmers' Market Nutrition Program. Educational programs designed to increase fruit and vegetable consumption among low income women, children and seniors. Support local farmers' markets.

Locations:

### **Downtown Phoenix Public Market**

721 N. Central  
Saturdays 8 a.m. – 1 p.m.  
Year-round  
Cindy Gentry  
602-493-5231  
AZ FMNP, Food Stamps

### **Farm at South Mountain**

6101 S. 32<sup>nd</sup> St.  
Saturdays 8 a.m. – 3 p.m.  
October – May  
Maya Dailey  
602-276-6360

## **Golden Gate Community Center**

1625 N. 39<sup>th</sup> Ave.  
Phoenix, AZ 85009  
602-233-0017  
Internet: <http://www.goldengatecenter.org>

Directors: Phyllis Habib and Daniel Zapata

Hours: 8AM-5PM

Fees: Free health classes, other programs vary

Eligibility: No Restrictions

Programs:

1. Salsa Sabor Y Salud. Free nutrition program. Designed to help families learn to be healthy together.
2. Education Classes: Day and evening ESL and GED classes. Citizenship and computer classes. Childcare and senior programs also available.
3. Free monthly health fairs.

## **Halle Heart Center Museum**

2929 S. 48<sup>th</sup> St.  
Tempe, Arizona 85282  
602-414-2800  
Internet: [halleheartcenter@heart.org](mailto:halleheartcenter@heart.org)

Manager: Jena Long

Hours: 1:00PM-4:00PM Mon-Fri, by appointment only

Fees: Free

Eligibility: No Restrictions

Programs:

4. Cooking classes for groups of 10 or more. Cooking demonstrations, nutrition and cooking skills development.



# Food and Nutrition (cont'd)

## **Maricopa County Human Services Department (HSD) Education Division HeadStart/Early HeadStart**

234 N. Central Ave. Ste 3201  
Phoenix, AZ 85004-2248  
602-506-5911  
Internet: <http://www.hsd.maricopa.gov/headstart>

Director: Majorie Weiss

Hours: 8AM-5PM Mon-Fri

Fees: None

Eligibility: Low income children age 3-4; teenaged  
parents with children age 0-3 years.

Programs:

1. HeadStart. Comprehensive developmental preschool education program that includes medical and dental, nutrition, educational, parental involvement, social services and parent training services. Enrollment includes preschool disabled children.

## **Maricopa County/University of Arizona (U of A) Cooperative Extension**

4341 E. Broadway Rd.  
Phoenix, AZ 85040-8807  
602-470-8086  
Internet: <http://cals.arizona.edu/maricopa/4H>

Director: Stanley D. Farlin

Hours: 8AM-5PM Mon- Fri, programs operating after  
school and weekends

Fees: \$10 enrollment fee/Vary

Eligibility: See individual programs

Programs:

1. Extension Foods and Nutrition Education Program (EFNEP). Teach low income adults and 4-H youth to improve their food nutrition skills.

## **Mountain Park Health Center**

635 E. Baseline Rd.  
Phoenix, AZ 85042-6551  
602-243-7277  
[www.mountainparkhealthcenter.com](http://www.mountainparkhealthcenter.com)

Program Coordinator: Jennifer Kennedy

Hours: 8AM-8:30PM Mon-Fri; 8AM-4:30PM Sat.

Fees: Sliding scale; accepts most insurance

Eligibility: No restrictions

Programs:

1. Nutritional counseling.
2. All Kids Can Club – weight management.
3. WIC.
4. Diabetes classes.
5. Breast feeding classes.

## **Phoenix Day/Health Links**

115 E. Tonto St.  
Phoenix, AZ 85004-2741  
602-252-4911  
Internet: <http://www.phoenixday.org>

Executive Director: Angel Rosa

Hours: 6:30AM-6:00PM Mon-Fri

Fees: Sliding Scale, DES praise

Eligibility: No restrictions

Health Links Programs:

1. Food and Nutrition Program.

Phoenix Day Programs:

1. Food and Nutrition Program - CACFP funded program providing healthy, nutritious meals for children, staff and families at Phoenix Day.

## **Phoenix (City of) Human Services Department (HSD) Head Start**

200 W. Washington  
Phoenix, AZ 85003-1611  
602-262-4040  
Internet:  
<http://www.phoenix.gov/HUMANSERVICES/hsded.html>

Director: Gina Ramos Montes

Hours: 8AM-5PM Mon-Fri administration

Fees: None

Eligibility: Low income children age 3-5

Programs:

1. Comprehensive developmental preschool program. Services include education, health/nutrition, mental health services, social services, parent involvement and special needs services.

## **Valley Christian Centers, Inc.**

1326 W. Hadley St.  
Phoenix, AZ 85007-3612  
602-258-5163  
Internet: <http://www.abcpsw.com/avcc.html>

Director: Rev Douglas Copelande

Hours: 8AM-5PM Mon-Fri

Fees: \$3/individual annual fee; \$20/family annual fee

Eligibility: No restrictions

Programs:

1. Summer day camp 7AM -5PM Mon-Fri Jun-Aug. Breakfast and lunch served.

# Food and Nutrition (cont'd)

## **Vernell Coleman Youth Center**

830 W. Tonto  
Phoenix, AZ 85  
602-495-5830

Recreation Coordinator Emmett Boyd  
Hours: 4-8PM Mon-Fri, 10AM-3PM Sat, 1-5PM Sun  
Fees: Free  
Eligibility: Youth 6-17 years of age  
Programs:

1. Grub Club: Participants learn how to plan, prepare and cook healthy cuisine for healthy lifestyles.

## **Wellcare Foundation, The**

55 E. Lexington Ave  
Phoenix, AZ 85012-2320  
602-263-7619  
Internet: <http://www.wellcarefoundation.com>

Director: Marge Ebeling, RN  
Hours: Vary  
Fees: None  
Eligibility: Single working mothers and their children in need who are not covered by AHCCCS  
Programs:

1. Number ONES (combating Obesity through Nutrition, Education and Stress reduction). Community outreach program to educate mothers and their children about the health risks of obesity and the importance of healthy lifestyles changes through nutrition, exercise and stress reduction.

## **Wesley Community Center**

1300 S. 10<sup>th</sup> St.  
Phoenix, AZ 85034-4598  
602-252-5609  
Internet: <http://wesleycenterphx.org>

Director: Betty Mathis  
Hours: 8AM-4PM Mon-Fri, 3PM-6PM Mon-Fri youth services/gym  
Fees: Vary  
Eligibility: vary  
Programs:

1. Nutrition classes covering heart-healthy recipes, healthy lifestyles.
2. Centro de Salud. Health education classes and clinics. Call for days, times, and eligibility requirements 602-252-4933.

## **Women, Infants and Children (WIC)**

635 E. Baseline Rd.  
Phoenix, AZ 85042-6551  
(Other sites in Maryvale, Tolleson, East Phoenix, and Mesa)  
602-243-7277  
Internet: [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)

WIC Program Administrator: Leticia Graham  
Hours: 8AM-5PM

Fees: Free to eligible participants  
Eligibility: Must meet WIC eligibility requirements for the following:

- Category (pregnant, breastfeeding, up to 6 months if not breastfeeding, infants, and children up to 5 years old
- Residential
- Income
- Nutrition risk

Programs:

1. Farmer's Market Nutrition Program: coupons provided to clients to purchase locally grown fruits and vegetables.
2. Folic Acid: multivitamins provided to women of childbearing age.
3. Free Breastfeeding Assistance: support group meetings, breastfeeding classes, one-on-one consultations with lactation consultant or counselor, 24 hour breastfeeding hotline for clients.

## **YMCA, South Mountain Branch**

222 E Olympic Dr  
Phoenix, AZ 85042 - 6550  
602-276-4246  
Internet: <http://www.valleymca.org>

Director: Robin Jordan  
Hours: 5AM-9PM Mon-Thur, 5AM-8PM Fri, 8AM-5PM Sat, 11AM-5PM Sun.  
Fees: Fixed  
Eligibility: See individual programs  
Programs:

1. Seminars throughout the year to include nutrition, diet, and exercise.

# Sports and Recreation

## **Arizona Outdoor Adventures**

PO Box 37982  
Phoenix, AZ 85069-7982  
602-589-6678

Director: Dan Priest

Hours: Vary

Fees: None

Eligibility: Youth age 8-14

Programs:

1. Outdoor camp activities including camping, backpacking, 4x4 trips, fishing, outdoor cooking.

## **Athletes in Training**

10020 N. 15<sup>th</sup> Ave  
Phoenix, AZ 85021  
602-995-8877  
Internet: [www.tomkuyperbasketball.com](http://www.tomkuyperbasketball.com)

Director: Tom Kuyper

Hours: 9AM-4PM Mon-Fri

Fees: Vary

Eligibility: Children age 5-14

Programs:

1. AIT After School Intramural Sports Programs. After school organized sports activities.
2. Tom Kuyper Basketball Camps and Clinics. Youth basketball training camps.
3. AIT Home School P.E. Programs. Structured physical education classes for children in home schooling programs.
4. Junior Suns Basketball League. Youth basketball league.

## **Boys & Girls Clubs, Kieckhefer Branch**

548 W. Southern Ave.  
Phoenix, AZ 85041  
602-268-3486  
Internet: <http://www.bgcamp.org>

Director: Maribel Grayson

Hours: 2:30 PM-8PM Mon-Fri during school, 8AM-6PM Mon-Fri during school breaks.

Fees: \$30/year or less, dependent upon ability to pay; additional fees for summer day camp

Eligibility: Boys and girls grade K-12

Programs:

1. Sports, fitness, and recreation. Promote physical fitness, positive use of leisure time, skills for stress management, appreciation for the environment, and social and interpersonal skills. Programs include billiards, table tennis. Suns Basketball League, flag football, hiking, and Reviving Baseball in the Inner City

## **Friendly House, Inc.**

802 S. 1<sup>st</sup> Ave  
Phoenix, AZ 85003-2504  
Mailing: PO Box 3695  
Phoenix, AZ 85030-3695  
602-257-1870  
Internet: [www.friendlyhouse.org](http://www.friendlyhouse.org)

Director: Teresa Pena

Hours: 8AM-5PM Mon-Fri

Fees: Sliding scale for immigration services; fixed fee for homemaker and personal care services; no charge educational or social events

Eligibility: See individual programs

Programs:

1. Youth program grades K-12. Ballet Folklorico, Boy Scouts, Girl Scouts, baseball, summer programs.

## **JumpStart! Kids Fitness**

Phone: 602-515-2408  
Internet: [www.jumpstartkidsfitness.com](http://www.jumpstartkidsfitness.com)

Director: Coach Ryan Bohlander

Hours: Vary

Fees: Vary

Eligibility: Vary

Programs:

1. If you are a parent, day care center director, or health/community agency administrator interested in bringing JumpStart's educational, active, and fun fitness classes to your location, please contact Coach Ryan.
2. JumpStart! Kids Fitness teaches children the value of exercise and a healthy lifestyle during their most impressionable years in manner that is fun and inviting. JumpStart! kids fitness classes are taught as an enrichment program for children ages 3-6+ years old at Valley day cares, community centers, health agencies, and elementary schools.

## **Maricopa County Parks and Recreation Department**

234 N Central Ave Ste 6400  
Phoenix, AZ 85004  
602-506-2930  
Internet: <http://www.maricopa.gov/parks>

Director: William Scalzo

Hours: 8AM-5PM Mon-Fri; park areas vary

Fees: Vary

Eligibility: No restrictions

Programs:

1. Participatory recreation.
2. Outdoor and nature programming.
3. Educational programs about natural environment and history.

# Sports and Recreation (cont'd)

## **Mountain Park Health Center**

635 E. Baseline Rd.  
Phoenix, AZ 85042-6551  
602-243-7277  
[www.mountainparkhealthcenter.com](http://www.mountainparkhealthcenter.com)

Program Coordinator: Jennifer Kennedy  
Hours: 8AM-8:30PM Mon-Fri; 8AM-4:30PM Sat.  
Fees: Sliding scale; accepts most insurance  
Eligibility: No restrictions  
Programs:  
1. All Kids Can Club – weight management

## **Phoenix (City of) Parks and Recreation Department**

200 W. Washington St. 16<sup>th</sup> Floor  
Phoenix, AZ 85003-1697  
602-262-6862  
Internet: <http://www.phoenix.gov/parks>

Director: Sara Hensley  
Hours: 8AM-5PM Monday-Friday  
Fees: Vary  
Eligibility: No restrictions  
Programs:  
1. Participatory recreation. Recreation, play, self development, etc., in Phoenix neighborhoods and communities.  
2. Outdoor education programs. Natural Resource Division 602-495-5458  
3. Golf Courses 602-262-6862  
4. Mountain Parks Reservations 602-495-0222  
5. Team Sports 602-262-6386  
6. Aquatics 602-262-6386/ 602-534-SWIM (7946)  
7. Summer day camps for persons with disabilities and year round special events 602-262-4542/602-262-4543

## **Phoenix (City of) Parks and Recreation Department, Aquatic Program**

Locations:

<b>El Prado</b> 6428 S. 19 <sup>th</sup> Ave. 602-261-8638	<b>Hermoso</b> 5749 S. 20 <sup>th</sup> St. 602-261-8731	<b>Roosevelt</b> 6246 S. 7 <sup>th</sup> St. 602-262-6832
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Internet: <http://www.phoenix.gov/SPORTS/pools.html>  
Phone numbers: 602-534-SWIM (info line)  
602-262-6541

Hours: Vary per pool, call or visit the website for more information  
Fees: 50 cents for children 17 and younger, 50 cents for seniors 50 and older, and \$1.50 for adults. Season passes and other discounts also are available.  
Program costs may vary.  
Eligibility: open to the public  
Programs:

1. Open swim.
2. Swim team (\$25/8 week session).
3. Dive team (\$25/8 week session).
4. Synchronized swim team (\$25/8 week session).
5. Water basketball team (FREE/5 week session).
6. Water polo ((\$10/2 week session).
7. Itty bitty beach parties.
8. Cub Club.
9. Discovery Guards (FREE).
10. Junior Lifeguard Training (FREE).
11. Lifeguard Training (\$75).

## **Phoenix (City of) Parks and Recreation Department - South District**

1346 E. South Mountain Avenue  
Phoenix, Arizona 85042  
602-262-6111  
[www.phoenix.gov](http://www.phoenix.gov)

District Administrator Inger Erickson  
Hours: 8AM-5PM Mon- Fri  
Fees: See individual program  
Eligibility: No restrictions  
Programs:

1. General information

# Sports and Recreation (cont'd)

## **Barrios Unidos Recreation Center**

1501 East Mohave  
Phoenix, Arizona  
602-261-8280

Recreation Coordinator: Jose "Casper" Habre  
Hours: 5-9 PM Mon-Thur, 5-8 PM Fri  
Fees: none  
Eligibility: youth  
Program Description: Gameroom, sports activities, weightroom, cooking

## **Central Park Recreation Center**

140 East Tonto Street  
Phoenix, Arizona  
602-262-6798

Recreation Coordinator: Jose "Casper" Habre  
Hours: 4-9PM Mon-Fri, 10-2PM Sat  
Fees: none  
Eligibility: youth  
Program Description: Gameroom, sports activities, & cooking

## **Cesar Chavez High School**

3921 W. Baseline Road  
Laveen, AZ 85339  
602-764-4080

Recreation Coordinator Manny Padia  
Hours: 11:30AM-12:30PM, 2:30PM-8:30PM Mon-Fri  
Fees: Free-Nominal  
Eligibility: No restrictions  
Programs:

1. The recreation center is located on the campus of Cesar Chavez High School and provides a number of activities in conjunction with the school.
2. Provide diverse recreation programs for youth, teens and adults including: special events, sports leagues, summer day camp, open gym, weight room, kickboxing classes.
3. Teen Council program develops leadership skills in teens. The group participates in recreation, fund raising and community service activities.

## **Coffelt-Lamoreaux Park Recreation Center**

1510 South 19 Drive  
Phoenix, Arizona  
602-262-6265

Recreation Coordinator: Steve Colter  
Hours: 4-9PM Mon-Thur, 4-8PM Fri  
Fees: none  
Eligibility: youth  
Program Description: Gameroom, Arts and crafts, movie room, sports activities, and cooking

## **Foothills Village Recreation Center**

930 E. Alta Vista  
Phoenix, AZ 85041  
602-495-3755

Recreation Coordinator Emily Berumen  
Hours: 4PM -8PM Mon-Fri  
Fees: Free-Nominal  
Eligibility: No restrictions  
Programs:

1. Provide diverse recreation programs for youth, teens and families including: special events, sports leagues, summer day camp, lunch program, special interest classes.
2. Teen Council program develops leadership skills in teens. The group participates in recreation, fund raising and community service activities

## **Grant Park Recreation Center**

701 South 3 Avenue  
Phoenix, Arizona  
602-262-6758

Recreation Coordinator: Jose "Casper" Habre  
Hours: 4-9PM Mon-Thur, 4-8PM Fri  
Fees: none  
Eligibility: youth  
Program Description: Gameroom, gymnasium, weightroom, and cooking

## **Green Valley Park**

14<sup>th</sup> Street & Watkins  
Phoenix, AZ 85034  
602-262-6214

Recreation Coordinator Shawnte Johnson  
Hours: 5PM-7PM Mon-Fri  
Fees: Free-Nominal  
Eligibility: No restrictions  
Programs:

1. Provide diverse recreation programs for youth, teens and families including: special events, sports leagues, summer day camp, lunch program, special interest classes.

## **Hayden Park**

420 E. Tamarisk  
Phoenix, AZ 85041  
602-256-5685

Recreation Coordinator Emily Berumen  
Hours: 4PM- 9PM Mon-Fri  
Fees: Free-Nominal  
Eligibility: No restrictions  
Programs:

1. Provide diverse recreation programs for youth, teens and families including: special events, sports leagues, summer day camp, lunch program, special interest classes.

# Sports and Recreation (cont'd)

2. Teen Council program develops leadership skills in teens. The group participates in recreation, fund raising and community service activities.

## **Hermoso Park**

2020 E. Southern  
Phoenix, AZ 85040  
602-262-6836

Recreation Coordinator Shawnte Johnson

Hours: 4PM-9PM Mon-Fri

Fees: Free-Nominal

Eligibility: No restrictions

Programs:

1. Provide diverse recreation programs for youth, teens and families including: special events, sports leagues, summer day camp, lunch program, special interest classes.

## **South Mountain Community Center**

212 E. Alta Vista Rd.  
Phoenix, AZ 85042  
602-262-4874  
Internet: <http://phoenix.gov/PARKS/smcc.html>

Recreation Coordinator Cynthia Cunningham

Hours: 7AM-6PM Mon-Fri, (June to August)

Fees: \$120 per participant, which includes T-shirt, all trips, meals, and activities

Eligibility: Children ages 6-11 (must be able to use the restroom without assistance and have completed preschool)

Programs:

1. Sports, Martial Arts classes, Dance.
2. Music, Art.
3. Reading, Math.
4. Field trips.
5. Walking path.

## **PAC Afterschool and Summer recreation programs**

1346 E. South Mountain Avenue  
Phoenix, AZ 85042  
602-262-6439  
Internet: <http://phoenix.gov/PAC>

Recreation Coordinator Bob Berlin

Hours: After School program starts when school gets out until 6PM; Summer program 7AM-6PM

Fees: After school program \$15; Summer program varies

Eligibility: Children 6-12 years old

Programs:

1. After School and summer recreation programs (sites subject to change):

Locations: Roosevelt elementary school sites with PAC programs: Sierra Vista, Clovis C. Campbell, T.G Barr, Maxine O. Bush, Cesar Chavez Community School, J. F. Kennedy, M.L King, Rose Linda, Valley View, Ed and Verma Pastor, C.J Jorgenson, Ignacio Conchos, Sunland and V. H Lassen.

## **Playa Margarita Park**

3615 W. Roeser  
Phoenix, AZ 85041  
602-262-6716

Recreation Coordinator Manny Padia

Hours: 5PM – 9PM Mon-Fri

Fees: Free-Nominal

Eligibility: No restrictions

Programs:

1. Provide diverse recreation programs for youth, teens and families including: special events, sports leagues, summer day camp, lunch program, special interest classes.
2. Teen Council program develops leadership skills in teens. The group participates in recreation, fund raising and community service activities.

## **Vernell Coleman Youth Center**

830 W. Tonto  
Phoenix, AZ 85  
602-495-5830

Recreation Coordinator Emmett Boyd

Hours: 4-8PM Mon-Fri, 10AM-3PM Sat, 1-5PM Sun

Fees: Free

Eligibility: Youth 6-17 years of age

Programs:

1. Kid Power: Aerobic class designed to raise heart rate and teach the importance of starting and living a healthy lifestyle.
2. Grub Club: Participants learn how to plan, prepare and cook healthy cuisine for healthy lifestyles.
3. Video Production: Youth learn the basics of video production and editing.
4. Teen Council: Youth group where youth are given the opportunity to meet, plan and coordinate events and activities.
5. Art Classes: Participants will learn the basic fundamentals of art using a variety of mediums.
6. Computer Lab: Assist participants with basic Math, English, History, and any other items they may need assistance with in regards to school work.
7. Tutoring: Assist participants with school work.

# Sports and Recreation (cont'd)

## **Wesley Community Center**

1300 S. 10<sup>th</sup> St.  
Phoenix, AZ 85034-4598  
602-252-5609  
Internet: <http://wesleycenterphx.org>

Director: Betty Mathis  
Hours: 8AM-4PM Mon-Fri, 3PM-6PM Mon-Fri youth services/gym  
Fees: Vary  
Eligibility: vary  
Programs:

1. Free exercise classes. 9AM-noon Mon, Tue, Thu. Call to register

## **Youth Sports-City of Phoenix**

13647 S. 50<sup>th</sup> St.  
Phoenix, AZ 85044  
602-262-6111

Recreation Coordinator Sue Laskovsky  
Hours: Vary  
Fees: Vary; see individual program  
Eligibility: Vary

### Programs:

1. Sports offered for 6 - 12 year olds: basketball, soccer, baseball, t-ball, and flag football. Cost: \$30.00 per child.
2. Sports offered for 3 - 6 year olds: Lil' Sports (group games and sports) Cost: \$15.00
3. Youth Girls Softball (fast pitch)
4. Youth T-Ball/ Coach Pitch/ Kid Pitch
5. Soccer. Cost is \$25 per participant. Seasons are Fall, Winter, and Summer.
6. Racquetball. Age 16 and over, leagues run for 16 weeks and cost \$40 per person.
7. Flag Football. Ages 7-12, leagues run in the winter.
8. Youth Sports Introduction. A variety of non-competitive team sports offered for ages 5-9. \$20 per person. Leagues run in the winter.
9. Pee Wee Sports. Run all year long, providing an opportunity for youth, 3-4 years old, exposure to basketball, soccer, hockey, and T-ball. \$45 per player 602-495-3777.
10. Karate.

## **Sneakertime**

3370 N. Hayden Rd.  
Ste. 123, PMB 758  
Scottsdale, AZ 85251  
480-970-8231  
Internet: [www.sneakertime.com](http://www.sneakertime.com)

Director: Shari Valenciano  
Hours: Vary  
Fees: Vary  
Eligibility: Children ages 2 to 12  
Programs:

1. A mobile, total fitness program that creatively combines a variety of activities designed to enhance motor skill development, cognitive abilities, health, and coordination in children ages two through twelve. We teach on campus at Preschools, Child Care Centers, Montessori and Charter schools, providing all the necessary sports and exercise equipment and lesson plans. Currently, we supplement schools which do not offer physical education as a part of their daily routine. We also provide enrichment/extra curricular classes after school for those who want to further develop sport specific skills.
2. Parents, directors, and administrators are encouraged to call and inquire about our sports programs and birthday parties. Bring us to your school and ask about your FREE demo classes.
3. Sports & Exercise Programs, ages 2-12.
4. Birthday Bashes, ages 3-12.

## **South Mountain Little League**

PO Box 90305  
Phoenix, Arizona 85066  
602-434-7354  
Internet:  
<http://eteamz.active.com/southmountainlittleleague>

Director: John Espinoza  
Hours: Vary  
Fees: \$35-\$95 includes shirt and cap  
Eligibility: 5-16 year old boys and girls  
Programs:

1. Provides a fun, competitive environment for children to learn the fundamentals of baseball and softball.

## Sports and Recreation (cont'd)

### **YMCA, South Mountain Branch**

222 E Olympic Dr

Phoenix, AZ 85042 - 6550

602-276-4246

Internet: <http://www.valleymca.org>

Director: Robin Jordan

Hours: 5AM-9PM Mon-Thur, 5AM-8PM Fri, 8AM-5PM

Sat, 11AM-5PM Sun.

Fees: Fixed

Eligibility: See individual programs

Programs:

1. Physical fitness training designed to improve the cardiovascular fitness of adults through exercise.
2. Aquatic instruction for all ages and skill levels with certification awarded for senior lifesaving.
3. Camping for all ages. Day, caravan, co-ed  
602-254-1571
4. Aerobic classes for youth and adults.
5. Youth sports activities.
6. Seminars throughout the year to include nutrition, diet, and exercise.



# Clubs and Organizations

## **Boys & Girls Clubs, Kieckhefer Branch**

548 W. Southern Ave.

Phoenix, AZ 85041

602-268-3486

Internet: <http://www.bgcamp.org>

Director: Maribel Grayson

Hours: 2:30 PM-8PM Mon-Fri during school, 8AM-6PM Mon-Fri during school breaks.

Fees: \$30/year or less, dependent upon ability to pay; additional fees for summer day camp

Eligibility: Boys and girls grade K-12

Programs:

1. After school drop-in programs and summer day camp with extended hours available at all locations.
2. Arts. Enable you to develop creativity and cultural awareness through visual and tactile arts and crafts, performing arts, and creative writing.
3. Character and leadership development. Empower youth to support and influence their club and community, sustain meaningful relationships with others, develop a positive self-image, participate in the democratic process, and respect their own and others' cultural identities. Programs include Kids at Hope, leadership training, community service projects, Keystone Club, and Youth of the Year.
4. Education and career development. Enable youth to become proficient in basic educational disciplines, apply learning to everyday situations, and use technology effectively to optimize employability. Programs include Junior Achievement, computer labs, homework assistance, educational games, internet exploration, and club newsletters.
5. Health and life skills. Develop capacity to engage in positive behaviors, set personal goals, and acquire skills to live successfully as self-sufficient adults. Provide preventive and restorative dental services to children grade K-12 who are uninsured or underinsured. Programs include health and prevention programs, health education/risk reduction workshops, Talking with TJ, and conflict resolution.
6. Sports, fitness, and recreation. Promote physical fitness, positive use of leisure time, skills for stress management, appreciation for the environment, and social and interpersonal skills. Programs include billiards, table tennis. Suns Basketball League, flag football, hiking, and Reviving Baseball in the Inner City.

## **Boy Scouts of America-Grand Canyon Council**

2969 N. Greenfield Rd.

Phoenix, AZ 85016-7715

602-955-7747

Internet: <http://www.grandcanyonbsa.org>

Director: Larry C. Abbott

Hours: 9AM-5PM Mon-Fri

Fees: \$10/year national membership; \$1.20 insurance fee

Eligibility: Boys age 6-17; young men and women age 14-20

Programs:

1. Socialization groups, character development, citizenship training, physical and mental fitness, outdoor camping. Provide vocational experience services including training, guidance of volunteer leaders, service to chartered partners.
2. Learning for Life/Exploring. Groups for young men and women age 14-20.
3. Cub Scouts grade 1-5.
4. Boy Scouts age 11-18.
5. Explorer Post age 14-20 coed.

## **Girl Scouts-Arizona Cactus Pine Council, Inc.**

119 E. Coronado Rd.

Phoenix, AZ 85004-1512

Mailing: PO Box 21776

Phoenix, AZ 85036-1776

602-253-6359

Internet: <http://www.girlsscoutsaz.org>

Director: Tamara J. Woodbury

Hours: 8Am-5PM Mon-Fri

Fees: \$10/year national dues

Eligibility: Girls age 5-17

Programs:

1. Troops, interest groups, interagency program collaboration, outreach to underserved populations, resident and day camping. Provide opportunities for girls to develop skills, gain self-confidence, have fun, make new friends, and prepare for their future.
2. Camp CEO. One-week residential camp for girls grade 9-12. Women business owners and leaders share their business knowledge and experiences.
3. Camps and facilities including Camp Sombrero, Camp Maripai, Shadow Rim Ranch, and Willow Springs Program Center.

## Clubs and Organizations (cont'd)

### **South Mountain Little League**

PO Box 90305

Phoenix, Arizona 85066

602-434-7354

Internet:

<http://etamz.active.com/southmountainlittleleague>

Director: John Espinoza

Hours: Vary

Fees: \$35-\$95 includes shirt and cap

Eligibility: 5-16 year old boys and girls

Programs:

1. Provides a fun, competitive environment for children to learn the fundamentals of baseball and softball.

# Parks in the Phoenix Area

## Aya Mini Park

1925 E. Carver Drive  
(602) 262-6111 (South District)  
Basketball; Playground; Ramada

## Cesar Chavez Park

35<sup>th</sup> Ave and Baseline Rd.  
602-262-6111  
Basketball; Boat Ramp; Fishing; Lake; Picnic Area; Playground; Racquetball; Ramada's; Restrooms; Softball, lit; Tennis

## Circle K Park

1346 E. South Mountain Road  
(602) 262-6111 (South District)  
Ballfield; Basketball, lit; Exercise Course; Handball/Racquetball, lit; Playground; Ramadas and Picnic Area; Restrooms; Soccer; Tennis, lit; Volleyball, lit

## El Prado Park

6428 S. 19th Ave.  
(602) 262-6111 (South District)  
Basketball, lit; Picnic Area; Playground; Pool; Restrooms; Volleyball

## Eototo Mini Park

23rd Street and Pueblo Avenue  
(602) 262-6111 (South District)  
Basketball

## Esteban Park

32nd Street and Roeser Road  
(602) 495-5457  
(602) 262-6111  
Baseball, lit; Basketball, lit; Playground; Ramada and Picnic Area; Restrooms; Soccer; Softball, lit; Tennis, lit; Volleyball, lit

## Francisco Highland Park (formerly named Puerto Park)

28th Street and South Mountain Avenue  
At the base of South Mountain  
(602) 262-6111 (Basketball Court, lit; Playground; Water Play Area; Restroom Building; Picnic Ramada, and Multipurpose Field.

## Harmon Park

1239 S. Fifth Avenue  
(602) 262-6898  
(602) 262-6111  
Baseball, lit; Basketball, lit; Gymnasium; Picnic Area; Playground; Pool; Racquetball; Recreation Building; Shuffleboard; Soccer, lit; Softball, lit; Tennis, lit; Volleyball, lit

## Hayden Park

322 W. Tamarisk Avenue  
(602) 256-5685  
(602) 262-6111 (South District)  
Basketball, lit; Playground; Ramadas and Picnic Area; Recreation Building; Restrooms; Soccer; Softball, lit; Volleyball, lit

## Hermoso Park

2030 E. Southern Ave.  
(602) 262-6836  
(602) 262-6111 (South District)  
Basketball, lit; Playground; Pool; Ramadas and Picnic Area; Recreation Building; Restrooms; Soccer, lit; Softball, lit; Tennis, lit; Volleyball, Skate Plaza, lit

## Ho-E Mini Park

Third Avenue and Illini Street  
(602) 262-6111 (South District)

## Kipok Mini Park

Ninth and Southgate avenues  
(602) 262-6111 (South District)

## Lenang Mini Park

2601 E. Southgate Ave.  
(602) 262-6111 (South District)

## Lindo Park

2230 W. Roeser Road  
(602) 495-5541  
(602) 262-6111  
Basketball, lit; Playground; Ramada and Picnic Area; Restrooms; Softball, lit; Volleyball, lit

## Ma-Ha-Tuak Park

Seventh Avenue and McNeil Street  
(602) 262-6111 (South District)  
Basketball, lit; Ramadas and Picnic Area; Playground; Volleyball, lit

## Momo Mini Park

Fifth Street and Sunland Avenue  
(602) 262-6111 (South District)  
Basketball

## Mong Mini Park

1432 E Wood St.  
(602) 262-6111 (South District)  
Playground

## Parks in the Phoenix Area (cont'd)

### **Nevitt Park**

44th Street and Vineyard Road  
(602) 262-6111 (South District)  
Basketball, lit; Picnic Area; Playfield;  
Playground; Ramada; Tennis, lit; Volleyball,  
lit

### **Nueve Park**

4418 S. Ninth St.  
(602) 262-7172  
(602) 262-6111 (South District)  
Basketball, lit; Playground; Ramada and  
Picnic Area; Restrooms; Soccer/Softball, lit;  
Tennis, lit; Volleyball, lit

### **Playa Margarita Park**

36th Avenue and Roeser Road  
(602) 262-6716  
(602) 262-6111 (South District)  
Basketball, lit; Playground; Ramadas and  
Picnic Area; Recreation Building; Softball, lit;  
Volleyball

### **Rio Salado Industrial**

Recreational Park  
12th and Elwood Streets  
(602) 495-2001  
(602) 262-6111 (South District)  
Basketball; Handball/Racquetball, lit;  
Ramadas and Picnic Area; Restrooms;  
Softball; Tennis; Volleyball

### **Roesley Park**

15th Avenue and Romley  
(602) 262-6111 (South District)  
Basketball, lit; Playfield; Playground;  
Ramada and Picnic Area

### **Yapa Mini Park**

2732 E. Mobile Lane  
(602) 262-6111 (South District)  
Basketball; Picnic Area; Playground